

# Volunteer News....

Recognizing the Efforts of VA Volunteers in Upstate New York

**Team Up With Us**



- **Holiday Festivities**
- ***Coming Summer 2013: National Veterans Golden Age Games***
- **'Like' us on Facebook**

**VA**  
**HEALTH**  
**CARE** | Defining  
**EXCELLENCE**  
in the 21st Century

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## Web Site

[www.visn2.va.gov/vet/volunteer.asp](http://www.visn2.va.gov/vet/volunteer.asp)

The VAVS newsletter has been created for all volunteers and potential volunteers of VA Health Care Upstate New York. This publication is meant to showcase the wonderful work our volunteers contribute to VA. Produced by VISN 2 Public Affairs. Printed by Veterans in the Therapeutic Printing Program, Bath VAMC.

## We Want to Hear from You!

If you have any comments, questions, story ideas, etc. contact:  
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Building B, Suite 115  
Rochester, NY 14618  
(585) 463-2642  
[Kathleen.Hider@va.gov](mailto:Kathleen.Hider@va.gov)

## Coming Summer 2013: National Veterans Golden Age Games

I am pleased to announce that VA Western New York Healthcare System has been selected as the host site for the 27th annual National Veterans Golden Age Games in 2013. The Games will be held in Buffalo, May 30 through June 4, 2013, with more than 800 Veterans from across the nation expected to compete in 14 different sports and recreational activities. They include air rifle, bowling, checkers, croquet, cycling, discus, dominoes, golf, horseshoes, nine-ball, shot put, shuffleboard, swimming, and table tennis.

This is the second time VA Health Care Upstate New York will be hosting the Games. In the summer of 1999, the Canandaigua VA Medical Center hosted nearly 500 competing Veterans and 700 volunteers at Hobart and William Smith Colleges, in Geneva, N.Y.

Historically, VA has been recognized as a world leader in rehabilitation. The Games were established to improve the quality of lives for Veterans 55 years of age and older, including those with disabilities. Today, they have become a showcase for the preventive and therapeutic medical value that sports, recreation, and fitness provide in the lives of older Americans.

Studies show that exercise can help older adults live better and longer lives, and may even prevent or delay the onset of Alzheimer's and other memory disorders. Even if you have a chronic illness, such as diabetes, heart disease, or arthritis, you can usually exercise safely and may even get better by being active.

If you're a Veteran, I encourage you to make physical activity a central part of your life. and to ask a member of your Patient Aligned Care Team (PACT) if you could benefit from joining one of our weight-management programs: MOVE! and TeleMOVE! Always talk with your doctor first before starting a new exercise routine.

We will keep you informed as the details of this exciting event become available. In addition to competing in the Games, many volunteer opportunities will also be available. Visit [www.veteransgoldenagegames.va.gov](http://www.veteransgoldenagegames.va.gov) for more information about the National Veterans Golden Age Games.

Sincerely,  
DAVID J. WEST, FACHE  
Network Director



## 'Like' Us On Facebook

'Like' your VA Medical Center on Facebook go to your Medical Center home page:

[www.albany.va.gov](http://www.albany.va.gov)

[www.bath.va.gov](http://www.bath.va.gov)

[www.canandaigua.va.gov](http://www.canandaigua.va.gov)

[www.syracuse.va.gov](http://www.syracuse.va.gov)

[www.buffalo.va.gov](http://www.buffalo.va.gov)

# Creating Memorable and Happy Holidays

Since the 1930's volunteers have been creating holiday festivities and memories for Veterans residing in VA Medical Centers in upstate New York. Through your monetary donations and donated time you have helped develop and define the unique ways our Medical Centers celebrate the holiday season for their patients. Here is a snapshot of some of those extra special events and treats you make happen.

## Albany Stratton VA



*The Zaloga American Legion Post & Auxiliary hosts a holiday luncheon.*



*The Veterans of Foreign Wars Auxiliary distributes gifts hospitalized Veterans.*

### More holiday cheer:

- School children give holiday cards, banners, decorations and candy
- The American Legion Auxiliary holds a holiday gift shop
- Jewish War Veterans Post 105 assists hospitalized Veterans in making phone calls to their loved ones on Christmas Eve.
- Veterans Holiday Committee provides a New Years Eve pizza party
- National Society Daughters of the American Revolution donates poinsettia plants for Chapel
- Athens Garden Club - plants

### Santa's wish list:

- Prepaid phone cards
- Decks of playing cards
- Grocery and department store gift cards
- Backpacks
- Sneakers – men's – all sizes
- Sweatpants – size large and x-large

## VA Western New York ...



*MCCF staff sponsor Festival of Lights exhibit for the patients at the Batavia VA.*

## Bath VA...

The American Legion gift shop provides for over 400 inpatients allowing patients to select gifts for loved ones. These gifts are purchased, wrapped and sent to the Veterans family members for the holiday.

Bath VA employees donate toys to be collected and provided to children in the community. This has been a tradition for many years.



## Canandaigua VA...

The Canandaigua VA Medical Center provides cheer throughout the Holiday Season. Each year, volunteers donate to the Holiday Fund where more than \$13,000 is spent on gifts for nearly 800 inpatient and outpatient Veterans in structured programs. Community friends adopt a specific ward and provide Veterans gifts specific to their wishes. Others bring in decorations, stuffed stockings, wreaths and more!



*Each year approximately 100 volunteers gather in the auditorium to wrap gifts that will be distributed to Veterans during their Holiday Party on the wards.*



*Approximately 200 volunteers gather to sing Christmas carols then visit Veterans to help unwrap gifts and serve refreshments.*

## Syracuse VA ...

*Local school choirs perform during the holiday season.*



*Mr. and Mrs. Claus visit during the holiday season to help distribute gifts to patients.*



# ► Albany

## Wishing both Karen and Stephanie long, healthy and happy retirements!



*"I've worked at VA for a long time, but my 18 years in Voluntary Service have been the most rewarding."*  
Karen Covey



*"Leaving my VA family will be sad but memorable. I only hope that I have enriched people's lives, as much as they have enriched mine."*  
Stephanie Bonenfant

## National Marine of the Year Award

VA Volunteer **Robert Becker** was awarded the National Marine of the Year Award on August 5, 2011 at the National Convention in Boise, Idaho. This is the highest honor that can be bestowed upon a regular member of the Marine Corps League. The candidates are nominated by the people who know them best – the Marines of their own detachment.



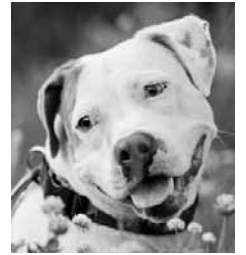
## POW Observance

A formal luncheon and ceremony is held in April. In September another ceremony was held and local politicians, Christian Brothers Academy and LaSalle Institute Cadets, Tri-County Council Vietnam Veterans and Veterans of Albany Choir participated.



## Meet Volunteer Helen of Troy

**Helen of Troy** is a 5 year old pit bull. She has been visiting the Stratton VAMC patients since July 2010 and the Veterans adore her. She didn't start out in life destined to be a therapy dog. In 2008, she was picked up by a Troy dog control officer roaming the streets. When she arrived at a veterinarian's office, she was determined to be deaf. Because of the difficulties in placing pit bulls, particularly one with impairments, Helen was scheduled to be euthanized. Through the collaborative efforts of Pets without People, Out of the Pits, and Animal Farm Foundation, Helen was rescued and adopted. She started a series of training classes and passed the test administered by Therapy Dog, Inc. in April 2010. Helen's owners communicate with her via hand signals. She is a treasured pet and a true ambassador for her breed.



## VA Opens Clinic in the North Country

A new Clinic opened on 33 Depot Street in Saranac Lake on August 19, 2011. The new Saranac Lake Clinic is open Tuesdays and Thursdays and alternating Wednesdays. The Clinic provides primary care, Telehealth, behavioral health services, and prescriptions to eligible Veterans. There are over 4,500 Veterans living in the Saranac Lake/Tri Lake Region located in the Adirondack Mountains.



*Ribbon cutting ceremony (L-R) Tim Pierce, State Division of Veterans Affairs; U.S. Rep. Bill Owens; Clyde Rabideau, Village Mayor; Frank Karl, VFW Post 3357; Paul Smith's College President John Mills; Linda Weiss, Director Albany VA Medical Center; Peter Potter, Albany VA Public Affairs Officer. Photo reprinted with permission from the Adirondack Daily Enterprise. Photo by Chris Knight.*

## Volunteer Opportunities

- No One Dies Alone: Hospice Unit volunteers
  - Volunteer Transportation Drivers - for morning shifts
  - Parking Lot Shuttle Van Driver - for Fridays
- \* Contact Stephanie at (518) 626-5508 for the most up-to-date volunteer opportunities

*continued on page 5 ►*

# ► Albany

## Wish List

- Cans of coffee (regular)
- Phone cards
- Triple blade disposable razors
- Denture cleaner
- Electric shavers (new only)
- Suspenders
- Playing cards
- Portable CD player with radio and A/C cord (no detachable speakers) for music therapy (7 needed; approx. cost \$30)
- Funds for:
  - \* GPF 1346 Community Living Center (Hospice/Nursing Home Renovations to create home-like environment)
  - \* GPF 1337 – for Project Lifesaver equipment; Women's Wellness Center
  - \* GPF 1327 – Stratton Inn refurbishing

Contact Karen (518) 626-5506 for more information.

## Calendar

**Sunday, November 6**

**Masonic Day - 1:00 p.m.**

Auditorium

**Tuesday, November 8**

**VAVS Committee Meeting - 1:00 p.m.**

Auditorium

**Friday, November 11**

**Albany's Veterans Day Parade, 11:11am**

(sign up at the Volunteer Office)

**Friday, November 11**

**Veterans Day Ceremony - 10:30 a.m.**

Saratoga VA National Cemetery grounds

**Thursday, December 1**

**ALA Holiday Gift Program**

**Saturday, December 24**

**Operation Jingle Bells**

Jewish War Veterans Post 105

**January 11 - 15**

**New England Winter Sports Clinic**

Mt. Sunapee, NH

\* Contact Karen at (518) 626-5506 for more information

# ► Bath

This year we started the "Outstanding Volunteer Award" and **Shirley Clarke** is our 2011 recipient.



*Bath Volunteer & Recreation Manager Lynn Dinehart (left) and Shirley Clarke-Vice Chair of the Bath VA VAVS committee.*

A local high school art class came to visit the Veterans on the Community Living Center, to view the artwork they had donated to the Center. There are over 60 ceiling tiles painted by students hanging in various patient rooms, halls and the Community Living Center.

Employees of the Bath VA contributed over 400 lbs. of food items to the Southern Tier Food Bank through the Feds Feed Families program coordinated by Voluntary Services.

Volunteer and National Cemetery staff have hosted several Patriot Guard Escorts for internments of unclaimed Veterans remains this summer.

## Imagination Week

Volunteer and Recreation services held the annual "Imagination Week" for our Community Living Center residents. This year's theme was VI-VA Las Vegas which included trips to a casino, all you can eat buffet, pawn shop auction, classic car show, entertainment and DJ's with classic tunes.



## Calendar

**Friday, October 14th**

**Re- Creation Show**

Auditorium

**Sunday, November 13th**

**Annual Elks Carnival**

Bldg 92 & Bldg 78

**Monday, November 21st**

**Kick off Care N Share event**

Bldg 18, Voluntary Services

**December 2-5th**

**ALA Gift shop**

Bldg 78, Leisure Room



*The annual VAVS picnic was held with over 90 participants to recognize our Deps & Reps for all the hard work and commitment they provide to our Veterans.*



*continued on page 6 ►*

## ► Bath

### POW MIA Recognition



### Troop Ride



Summer months are always busy - this year's Troop Ride was sponsored by "Sikorsky" and was held on July 30 with over 500 riders on motorcycles paying tribute to our Veterans. This was one of four sponsored motorcycle rides that came through the Bath VA.

### Wish List

- Baby shampoo
- Body wash / lotion
- Bread machine mixes
- Coffee
- Combs/brushes
- Denture adhesive & cleanser
- Deodorant
- Disposable razors/shaving cream
- DVD's
- Envelopes
- Fast food gift certificates (\$5 or \$10)
- Paper
- Pen/pencils
- Phone cards
- Pots & pans (in good condition)
- Powder
- New sneakers
- New t-shirts (M,L,XL,2XL,3X)
- Socks
- Stamps
- Sugar packets
- Tooth paste / tooth brushes

## ► Canandaigua

### Memorial Day Observance



*Each year at the VA Medical Center, Chaplain Service coordinates a service in remembrance of Memorial Day. In a collaborative effort, Tom Paglia and The Masons, are invited to give a presentation on the folding of the flag and the "Missing Man Table".*

### POW/MIA Observance

Each year the Canandaigua VA Medical Center invites former POW's to a brunch held at the Burgundy Basin Inn in Rochester, NY. Each POW is presented with a unique memento and each female/spouse is given a red rose. A group photo is taken of this very special group and mailed to each Veteran.

### Reminders

- Alert Voluntary Service about changes to your contact information
- Let Voluntary Service know if you have an e-mail address
- Contact Voluntary Service for your new ID Badge
- If you serve food to Veterans, please be sure that Voluntary Service has a copy of your food safety certificate and/or NYS license to serve on file

### Wish List

- Body lotion
- Baking items:
  - vanilla
  - sugar
  - flour
- Bowling/movie tickets
- Creamer, sugar, sugar substitute
- Deodorant
- Peanut butter
- English muffins
- Gift cards from:
  - Wal-Mart
  - Wegman's
  - Tops
- Cookie and bread mixes
- Nail clippers
- New socks and underwear, sweatshirts and sweatpants
- New toys for children of all ages
- Paper products; plates, napkins
- Postage stamps - 44 cent
- Pre-paid gas cards
- Prepaid phone cards
- Shampoo
- Shaving cream
- Tickets to sporting events, zoo and outings

#### For the Rochester Vet Center

- Bowling tickets
- Thanksgiving and Christmas parties

Monetary Donations are always welcome. If you or your organization wishes to make a donation to the account of your choice, please specify that you are in agreement that food and beverages may be purchased for our Veterans.



# ► Canandaigua

Oh, those lazy, hazy, crazy days of summer!



As part of its Service to Armed Forces program, the American Red Cross applied for and received a grant from the National American Red Cross to fund the purchase of nine kayaks, paddles, and personal flotation devices for use by the Canandaigua VA Medical Center. The Canandaigua Sail Boarding helped VA purchase the equipment at cost.



On June 23, the Canandaigua Lake Chapter of Trout Unlimited hosted a fly fishing clinic and picnic for Veterans from the Canandaigua VA Medical Center. Each of the participating Veterans received one-on-one coaching from a Trout Unlimited member. This event was held at Powder Mills Park in Pittsford, NY.



On July 11, the Navy Band Northeast performed two concerts at the Canandaigua VA Medical Center. Navy Rear Admiral Donald Quinn also visited the Medical Center to tour the facility and meet with Veterans.

## Calendar

All events are held in the Auditorium building 5 unless otherwise noted.

**2nd Monday of each month**  
Bee Keepers Association - 7:00 p.m.

**3rd Monday of each month**  
Canandaigua Lake Trout Unlimited Meeting  
- 7:30 p.m.

**4th Tuesday of each month**  
Project Healing Waters Clinic - 7:00 p.m.

**Tuesday, \*November 1**  
Bingo - 7:00 p.m.

**Saturday, \*November 5**  
George Mann Concert - 9:30 a.m.

**Tuesday, November 8**  
Hospice Class  
Pavilion – 4:00 p.m.

**Friday, \*November 11**  
Veterans Day Observance - 10:00 a.m.  
Veterans Day Cakes - 1:00 p.m.

**Thursday, \*November 17**  
Bingo - 7:00 p.m.

**Sunday and Monday,  
November 20 & 21**  
ALA Gift Shop - 10:00 to 3:00 p.m.

**Wednesday, November 23**  
Canandaigua Skychiefs R/C Flying Club -  
6:00 p.m.

**Tuesday, December 6**  
Rhythm Workshop Drum Circle - 2:00 p.m.

**Tuesday, \*December 6**  
Bingo - 7:00 p.m.

**Wednesday, \*December 7**  
Pearl Harbor Day Service - 2:00 p.m.  
Sponsored by Chaplain Service

**Thursday, December 8**  
VAVS Gift Wrap - 1:00 p.m.

**Sunday, December 11**  
BPO Elks Ward Distribution - 1:00 p.m.  
Bldg, 7, Volunteer Lounge/Veterans Wards

**Thursday, \*December 15**  
Bingo - 7:00 p.m.

**Sunday, December 18**  
VAVS Holiday/Xmas Gift Distribution  
-12:30 p.m.

**Tuesday, January 3**  
Blood Drive 10 a.m. - 3:00 p.m.  
ROPC

**Sunday, \*January 8**  
Lunch and Bingo – Noon

**Tuesday, \*January 10**  
Dr. Martin Luther King Commemoration  
- 2:00 p.m.

**Thursday, \*January 19**  
Bingo - 7:00 p.m.

**Catholic Mass Saturday at 3:00 p.m.  
and Sunday at 10:30 a.m. Auditorium.**

**Protestant Services Sundays starting  
at 8:30 a.m.**

Please contact Voluntary Service at  
(585) 393-7729 for more information.

\*Escorts needed 45 minutes prior to  
take Veterans to an event.

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## ► Cndga.

### Volunteer Opportunities

#### Canandaigua VA

- Wheelchair escorts needed for a variety of activities including Church Services: various days/times available to fit your schedule!
- Adult Day Health Care – assist with activities
- Meal time assistant
- Van drivers for DAV Transportation Network weekdays 8:00 a.m. - 2 :00 p.m. plus some on-call flexibility
- Compassionate Companion for Hospice care unit
- Computer Lab – various shifts
- Clerical assistant Monday – Friday various shifts available
- Recreation Therapy volunteer on & off unit assistance with recreation activities Monday – Friday various shifts available
- Menu helper
- Grounds crew
- Laundry - weekdays
- Supply assistant - assist with inventory, audits, filing

#### Rochester VA Outpatient Clinic – Westfall Rd.

- Van drivers needed for DAV Transportation Network weekdays 7 a.m. - 2 p.m. various shifts available
- Office assistant Monday – Friday pulling & filing charts, mail letters, confirm appointments

Volunteer opportunities filled regularly. Call Louise at 585-393-7729 for more information!

## ► Syracuse

### Operation Salute

Staff and volunteers manned the booths and welcomed returning military from OEF/OIF/OND deployments. Veterans and families were able to gather information about benefits and enjoy light refreshments while seeing the Rosamond Gifford Zoo with their family members. Over 175 OEF/OIF/OND Veterans and family members attended.



Funds donated through the FabNine helped pay for the Operation Salute Event at the Rosamond Gifford Zoo. Thank you to the FabNine organization and the volunteers who helped make this event a success.

### Youth Volunteers

We had a great turnout of student volunteers over the summer! Students volunteered in Information Technology, Nursing, Patient Transport, Emergency Department and other areas throughout the Medical Center. Since October 1st students volunteers have provided over 7,000 hours of volunteer service to Veterans. **Madeline Ballman, Vincent Billings, Amanda Blenis, Will Harding, Matthew Kemp, Anh Nguyen, Steven Pereia, Walter Pierce, Kevin Smith, Bradley Valik, Joshua Sheeler, Joshua Yurtsever, Angela Zulic** have all provided over 100 hours of volunteer service. Special thanks to **Kevin Smith** (770 hours) and **Amanda Blenis** (1,467 hours) for their service!

### Executive Committee Report

**Dick Arthur** leads a monthly Executive Committee meeting and is asking VAVS Representatives and Deputy Representatives to consider serving.

- New initiatives being considered: a memorial service honoring volunteers who have passed away
  - Volunteer Recognition Plaques recognizing outstanding hours of volunteering
  - More participation by Committee members at the Spaghetti Luncheon
- Interested volunteers should contact Dick Arthur at 315-463-1565 Volunteer early! He will be calling for your participation!





## Special Thank You

The Polish Legion of American Veterans (PLAV) recently sold one of their properties. The PLAV generously donated a portion of the proceeds of this sale to the Syracuse VA Medical Center.



*Representatives of the Polish Legion of American Veterans (PLAV), Daniel Pieloch and Donald Cieslak present a check for \$100,000 to Medical Center Director James Cody and Voluntary Service Manager Bob Hawes.*

## Wounded Warrior Race

FabNine is sponsoring the second annual Wounded Warrior five-kilometer road race in Camillus this November. FabNine is a service organization whose dedication is to "improving the lives of people in our community". Funds raised help programs at the Medical Center to help men and women who "suffered life-changing wound in recent years". To date over \$3,000 has been donated by this organization to the Syracuse VA.

To participate and/or support these projects, you can contact **Tom Scott** through their website [www.fabnine.com/wwRun/index.html](http://www.fabnine.com/wwRun/index.html). Registration, donation information, and race details can be found at the website.

## Volunteer Opportunities

- Office Clerk
- Ambassador Program Volunteers\*
- Patient Transport
- Greeter Program
- Computer Assistant
- Recreational Aide

\*Ambassador Program volunteers will be the leads for the Patient Transport Program for the new spinal cord injury unit area. We are in need of people that can volunteer and be trained now in how to be an effective greeter/ambassador while in the current areas. These skills will be highly needed and utilized when the new Center opens in the next few months. Contact Paco Valle at 425-4400 extension 52843 for more information on this program.

## Wish List

- Gently used, professionally cleaned winter jackets and coats
- Travel size personal care items – shaving cream, shampoo (please no moisturizer or lotion)
- Body wash
- Mouth wash
- Long sleeve zipper front sweatshirts

## Volunteer Participation in Recreation Therapy Youth Volunteers – Heads Up!

If you are looking for a way to get out of the house and outside during the better weather and even during the winter months, contact Recreation Therapy to see what events they have planned for outside venues. There is a Beak-n-Skiff Apple Orchard event coming up and Syracuse University football and basketball games that patients will attend. Help is always needed to get patients there and back. Let **Suzanne, Lydia, Beth** or **Jonathan** know you have time to give. They will get you scheduled to help them out with events and excursions based on your availability. Guaranteed you will have a good time with this group.

# ► Western New York

## Community Service Visit

Several Branch Managers from Bank of America's Central Buffalo/Rochester Team took time recently to visit Veterans at our Batavia Campus. The visit was part of their Community Service Project that included Branch Manager's from all over Western New York.

*Veteran Richard Meadows poses with Bank of America Branch Managers.*



## Wish List

- Gift cards
  - Baby's-R-Us
  - Wegman's
  - Tops
  - Tim Horton's
- Donated snacks in small bags i.e. chips, popcorn, cookies etc.
- Gloves
- Hats
- Phone Cards
- Scarves
- Socks
- Stamps
- Sweatpants (all sizes new in packages)
- Sweatshirts
- Tickets to sporting events
- T-shirts
- Underwear

**Note:** Before purchasing any item, please contact the Volunteer Program Office to determine that the item has not been already purchased.

We no longer accept:

- Used clothing
- Puzzles
- VHS tapes
- Magazines dated 3 months ago
- Hard cover books

**Batavia – (585) 297-1196**

**Buffalo – (716) 862-8672**

## Calendar

### Saturday, October 15

**VAVS Lunch, 11:00 a.m. - 2:00 p.m.**

Freedom Hall – Buffalo

### Thursday, November 10

**Veteran's Day Program – 2:00 p.m.**

Freedom Hall – Buffalo

### Friday, November 11

**Veteran's Day-observed 10:00 a.m.**

Flagpole Building #3 Grounds –  
Batavia Campus

### Wednesday, November 16

**VAVS meeting - 1:30 p.m.**

Freedom Hall – Buffalo

### Sunday, November 20

**Thanksgiving Dinner for Homeless Veterans  
-11:00 a.m.**

Food Court

Call (716) 862-6002 to sign up

### Monday, November 21

**Holiday Decorating Begins**

Batavia

### Thursday, November 24

**Thanksgiving Day**

Observed

### Thursday, December 1

**American Red Cross Blood Drive-all day**

Freedom Hall – Buffalo

### Friday, December 2

**Christmas Gift Shop Distribution American  
Legion Auxiliary 8th District (ALA) - 9:00 a.m.**

Freedom Hall – Buffalo

**Plant Distribution Order of the Eastern Star -  
9:00 a.m.**

Auditorium – Batavia

### Sunday, December 4

**Wreath Hanging**

**American Legion 8th District -  
10:00 a.m.**

Front Lobby – Batavia

### Tuesday, December 6

**Gift Shop American Legion Auxiliary  
8th District - 9:00 a.m.**

Auditorium – Batavia Campus

### Friday, December 9

**Wreath Hanging American Legion  
8th District - 1:00 p.m.**

Lobby – Buffalo

### Wednesday, December 21

**Gift Bag Packing VAVS - 11:00 a.m.**

Auditorium – Batavia Campus

### Wednesday, December 21

**VA Voluntary Service Quarterly  
Meeting - 1:30 p.m.**

Auditorium – Batavia

### Friday, December 23

**Holiday Gift Distribution**

Buffalo and Batavia

### Sunday, January 1

New Years Day 2012

### Monday, January 16

**Dr. Martin Luther King**

# ► Western New York

## Coming Summer 2013: National Veterans Golden Age Games



*Pam Kaznowski, Recreation Supervisor/Event Chairperson (at podium), celebrates with Al Abrahams, Bob Darch, Paul Regan, Bob Lillis and Mark Jimerson announcing the 2013 games.*



*National Veterans Golden Age Games participant with Tammy Duckworth (right), former VA Assistant Secretary for Public Affairs and Intergovernmental Affairs.*

## Book Drive

"Serving Veterans" was the theme, for the New York State Police Troop A officers and members of the US National Defense Force Support Command's 53rd Division co-hosted a book drive for VA Western New York Healthcare System. In all, 8,000 new and gently used books were collected on two separate occasions, coordinated and directed by both Captain Steven Nigrelli, NYS Troop A, and Major General William Brunskill, US National Defense Force Support Command.



*(left to right) - Major General William Brunskill; Jason Petti, Interim Medical Center Director; Lieutenant Colonel Harvey Scharf; Captain Steven Nigrelli - not available)*

## Annual Picnic



*Knights of Columbus Color Guard (from various Councils throughout WNY) members are pictured during formal remarks and program memorial tribute to those OEF/OIF/OND Veterans being remembered.*

## Volunteer Opportunities

- Adult Day Health Care Program
  - Assist veterans and work with Program staff – Buffalo
- Clerical – Buffalo
- Coffee Cart: Daily – Buffalo
- Coffee Cart – Batavia
- Computer Assistant Help
  - Veterans with computer skills – Batavia
- Create electronic documents – Buffalo
- Drivers- DAV Volunteer Transportation Program – Batavia and Buffalo
- Emergency Room – Buffalo
- Greeters – Buffalo
- Guest Parking Lot Shuttle – Buffalo
- Holiday Decorating Volunteers
- Mailroom – Buffalo
- Patient/Ward Visitation(s) – Batavia and Buffalo
- Patient Escort/Transport Service – Batavia and Buffalo
- Physical Therapy Service – Buffalo
- Reminder Phone Calls – Buffalo
- Recreational Aide – Batavia and Buffalo
- Volunteer Program Office – Batavia and Buffalo
- Women's Wellness Clinic – Buffalo



VA Health Care Upstate New York  
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VA at Clinton Crossings  
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RETURN SERVICE REQUESTED

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## Our Locations



### VA Medical Centers

#### Albany

113 Holland Avenue  
Albany, NY 12208  
(518) 626-5000

#### Batavia

222 Richmond Avenue  
Batavia, NY 14020  
(585) 297-1000

#### Bath

76 Veterans Avenue  
Bath, NY 14810  
(607) 664-4000

#### Buffalo

3495 Bailey Avenue  
Buffalo, NY 14215  
(716) 834-9200

#### Canandaigua

400 Fort Hill Avenue  
Canandaigua, NY 14424  
(585) 394-2000  
(800) 204-9917

#### Syracuse

800 Irving Avenue  
Syracuse, NY 13210  
(315) 425-4400

### Community-Based Outpatient Clinics

#### Auburn

Auburn Memorial Hospital  
17 Lansing St.  
Auburn, NY 13021  
(315) 255-7002

#### Bainbridge

109 North Main Street  
Bainbridge, NY 13733  
(607) 967-8590

#### Binghamton

425 Robinson Street  
Binghamton, NY 13901  
(607) 772-9100

#### Catskill

Greene Medical Bldg.  
159 Jefferson Heights  
Catskill, NY 12414  
(518) 943-7515

#### Clifton Park

1673 Route 9  
Clifton Park, NY 12065  
(518) 626-5205

#### Coudersport Satellite Clinic of Wellsville

24 Maple View Lane, Suite 2  
Coudersport, PA 16915  
(814) 260-9342

#### Dunkirk

Valor Health Center  
166 East 4th Street  
Dunkirk, NY 14048  
(800) 310-5001

#### Elizabethtown

7426 NYS Rte. 9N  
Westport, NY 12993  
(518) 626-5236

#### Elmira

Health Services Building  
200 Madison Avenue  
Suite 2E  
Elmira, NY 14901  
(877) 845-3247 ext. 44640

#### Fonda

Camp Mohawk Plaza  
2623 State Highway 30A  
Fonda, NY 12068  
(518) 853-1247

#### Glens Falls

84 Broad Street  
Glens Falls, NY 12801  
(518) 798-6066

#### Jamestown

608 West 3rd Street  
Jamestown, NY 14701  
(716) 338-1511

#### Kingston

63 Hurley Avenue  
Kingston, NY 12401  
(845) 331-8322

#### Lackawanna

Our Lady of Victory  
Family Care Center  
227 Ridge Road  
Lackawanna, NY 14218  
(716) 822-5944

#### Springville Satellite Clinic of Lackawanna

27 Franklin Street  
Springville, NY 14141  
(716) 592-7400

#### Lockport

5883 Snyder Drive  
Lockport, NY 14094  
(716) 438-3890

#### Malone

3372 St. Rt. 11, Main Street  
Malone, NY 12953  
(518) 483-1529

#### Mansfield Satellite Clinic of Elmira

63 Third Street  
Suite 104  
Mansfield, PA 16901  
(570) 662-0507

#### Massena

1 Hospital Drive  
Massena, NY 13662  
(315) 769-4253

#### Niagara Falls

2201 Pine Avenue  
Niagara Falls, NY 14301  
(716) 862-8580

#### Olean

465 North Union Street  
Olean, NY 14760  
(716) 373-7709

#### Oswego

437 State Route 104E  
Oswego, NY 13126  
(315) 207-0120

#### Plattsburgh

80 Sharron Avenue  
Plattsburgh, NY 12901  
(518) 561-6247

#### Rochester

465 Westfall Road  
Rochester, NY 14620  
(585) 463-2600

#### Rome

Griffiss Park  
125 Brookley Road,  
Building 510  
Rome, NY 13441  
(315) 334-7100

#### NEW

**Saranac Lake**  
33 Depot St.  
Saranac Lake, NY 12983  
(518) 626-5237

#### Schenectady

1322 Gerling St.  
Sheridan Plaza  
Schenectady, NY 12308  
(518) 346-3334

#### Tompkins/Cortland County

1451 Dryden Road  
Freeville, NY 13068  
(607) 347-4101

#### Troy

295 River Street  
Troy, NY 12180  
(518) 274-7707

#### Warsaw

Wyoming County  
Community Hospital  
400 N. Main Street  
Warsaw, NY 14569  
(585) 786-2233

#### Watertown

19472 U.S. Route 11  
Watertown, NY 13601  
(315) 221-7026

#### Wellsville

3458 Riverside Drive, Route 19  
Wellsville, NY 14895  
(877) 845-3247 (Bath)

### Vet Centers

#### Albany Vet Center

17 Computer Drive West  
Albany, NY 12205  
(518) 626-5130

#### Binghamton Vet Center

53 Chenango Street  
Binghamton, NY 13901  
(607) 722-2393

#### Buffalo Vet Center

2372 Sweet Home Road,  
Suite 1  
Buffalo, NY 14228  
(716) 862-7350

#### Rochester Vet Center

2000 South Winton Road  
Building 5, Suite 201  
Rochester, NY 14618  
(585) 232-5040

#### Syracuse Vet Center

716 East Washington Street,  
Suite 101  
Syracuse, NY 13210  
(315) 478-7127

#### Watertown Vet Center

210 Court Street, Suite 20  
Watertown, NY 13601  
(315) 782-5479



**VA Health Care**  
Upstate New York

- For enrollment information, call **1-888-823-9656**
- For information on eligibility, VA health care, benefits, enrollment or questions on your billing statement
- For medical care and clinic appointments, call your local primary care doctor or your local VA Medical Center.
- For Reliable Health Information on the Web, visit [www.myhealth.va.gov](http://www.myhealth.va.gov)